

QUICK REFERENCE: Exposure to COVID-19

Administrative Order 20-7v10

Order Effective Date: February 1, 2022



What to Do for Exposure to COVID-19¹

In summary,

- Exposed individuals WITHOUT SYMPTOMS and who are Up-to-Date with Vaccinations against COVID-19 do not need to quarantine following Exposure to COVID-19, though they do need to be tested for COVID-19. Exposed individuals WITHOUT SYMPTOMS and who have recovered from COVID-19 in the past 90 days do not need to quarantine following Exposure to COVID-19 and do need to be tested for COVID-19.
- Exposed individuals WITH SYMPTOMS and/or whose vaccinations are NOT Up to Date or who are unvaccinated need to quarantine and be tested following Exposure.

Exposed Individuals WITH Symptoms

Employees who have been Exposed to COVID-19 and who develop Symptoms should follow the instructions for Symptoms in Section III of Administrative Order 20-7.

- This includes having a PCR test within 24 hours of developing Symptoms.

Exposed Employees WITHOUT Symptoms and WITH Up-to-Date Vaccinations

These individuals do NOT need to quarantine and may continue to report for in-person work, so long as:

- They have a PCR test for COVID-19 on Day Six, where day of exposure is day zero.
 - If the results are positive, they should follow procedures for Confirmed Cases of COVID-19 in [Administrative Order 20-7](#). If the test results are negative, they may continue in-person work.
- They wear a KN-95 mask, or specialty mask required by department, around others for 10 days and, thereafter, follow County mask policy in Administrative Order 20-14.

Exposed Employees WITHOUT Symptoms and WITH Positive Cases of COVID-19 in the past 90 days

Individuals who have recovered from a confirmed case of COVID-19, regardless of vaccination status, and who are subsequently exposed to COVID-19 do NOT need to quarantine after exposure so long as:

- Their positive test for COVID-19 was within the past 90 days, where the day of the initial positive test was day zero; **AND**
- They have met the return to work criteria for individuals with a Confirmed Case of COVID-19 ([see Administrative Order 20-7, Section II.C](#)); **AND**
- They wear a KN-95 mask, or specialty mask required by department, around others for 10 days and, thereafter, follow County mask policy in Administrative Order 20-14

¹ Critical Infrastructure Employees should follow the Quick Reference Guide: Critical Infrastructure Employee or Section V of Administrative Order 20-7.

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Exposed Employees WITHOUT Symptoms , NOT Up-to-Date Vaccinations, NOT Recovered from COVID-19 in past 3 months, or Who are Unvaccinated

- Should not report for in-person work and should quarantine for five days, following [CDC guidelines for quarantining](#).
 - May telework if able.
- Should notify their supervisor of their status as soon as possible.
- Must have a PCR test on Day Six.
 - If positive, should follow procedures for Positive Case of COVID-19 in Section II of Administrative Order 20-7.
 - If negative, may return to in-person work and wear KN-95 or specialty mask as required by department for days 6 to 10 and, thereafter, follow County mask policy in Administrative Order 20-14.

Manager Actions for Exposed Employees WITH Symptoms of COVID-19

For Exposed Employees with Symptoms, manager should:

- Should confirm Symptoms and instruct symptomatic employee, contractor, or visitor to leave County facility, if applicable. Should wear a mask and maintain at least six feet of distance while confirming.
- Should cordon off areas where the symptomatic individual spent 15 minutes or more over the last 48 hours.
- Should request the local facilities team to conduct a Level I sanitation clean of all areas used by the symptomatic individual OR should follow [CDC guidance](#) for cleaning.
- Should ensure symptomatic employee is tested within 24 hours.

Manager Actions for Exposed Employees WITHOUT Symptoms of COVID-19

- Manager needs to require all Exposed employees without Symptoms to be tested on day six, where day of Exposure is day zero and needs to ensure Exposed employees² who are not Up to Date with Vaccinations or who are Unvaccinated Quarantine for at least five days.

Important Definitions

- **Close Contact:**³ A person with Close Contact is someone who:
 - Was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for an asymptomatic infected person, 2 days prior to test specimen collection) until the time the infected person is isolated. This is the definition **regardless of whether face masks or personal protective equipment (PPE) were worn by any or all individuals**, and/or

² If a Critical Infrastructure employee has Exposure and is NOT Up to Date with Vaccinations or is Unvaccinated, see Quick Reference Guide: Critical Infrastructure Employees with Exposure to COVID-19 or Section V of Administrative Order 20-7.

³ For employees at work in a healthcare or medical setting, Close Contact does not qualify if the CDC-recommended PPE was used when job duties were performed.

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- ii. Provided care at home to an infected person; and/or
 - Had direct physical contact with an infected person (touched, hugged, or kissed them); and/or
 - Shared eating or drinking utensils with an infected person; and/or
 - Got respiratory droplets (for example, was sneezed or coughed on) on them from an infected person.
- **Confirmed Case of COVID-19:** A case of COVID-19 that has been confirmed through a positive test for COVID-19 OR has been confirmed by a medical professional as being a suspected case of COVID-19 based on symptoms.
- **Critical Infrastructure Worker:** The Centers for Disease Control (CDC) defines a Critical Infrastructure Worker as one needed to deliver critical services, including law enforcement, transportation, 911 call center, and others. See the [CDC guidelines](#) for a complete list
- **Exposure to COVID-19 (Exposure):** Any form of Close Contact with an individual with a Confirmed Case of COVID-19 during the last 14 days.
- **Fully Vaccinated:** individual has received
 - Two vaccinations in a two-dose vaccine series or one vaccination in a single-dose vaccine, AND
 - Two weeks or more have passed since the individual received the final dose
- **Not Up to Date with Vaccinations:** Individuals who:
 - Have not received the second shot of a two-dose vaccine despite being eligible for a second shot (more than 3 weeks since initial Pfizer vaccination or more than 4 weeks since initial Moderna vaccination) OR
 - Have not received a booster shot despite being eligible for a booster (more than two months since single dose of Johnson & Johnson vaccination or more than five months since second dose of Pfizer or Moderna vaccination)
- **Quarantine:** Keeps **someone who might have been exposed** to the virus away from others. When you quarantine, you should:
 - Stay home!
 - Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
 - If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19
- **Symptoms Compatible with COVID-19:** Symptoms may appear from 2 to 14 days following exposure. Also see the [CDC self-check tool](#) for identifying COVID-19 symptoms. Note that within 72 hours of vaccination (including booster), some side effects may mimic Symptoms Compatible with COVID-19 but are NOT symptoms. See [Administrative Order 20-7](#) for details. The following symptoms may be symptoms of COVID-19 if they are new for you or if you do not commonly experience them:

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COVID-19 Symptom or Vaccine Side Effect?	Outside 72-Hour Vaccination Window ⁴	Within 72 hours of receiving vaccination
Feverish or temperature of 100.4 ⁰ F (38 ⁰ C) ⁵ or higher	COVID-19 Symptom	Side Effect; normal response to vaccine – BUT need to stay home until 24 hours after fever ends (without use of fever-reducing drugs)
Chills	COVID-19 Symptom	Side Effect; normal response to vaccine – Go to work, if able
Headache that is new or different for you	COVID-19 Symptom	Side Effect; normal response to vaccine – Go to work, if able
Unexpected fatigue	COVID-19 Symptom	Side Effect; normal response to vaccine – Go to work, if able.
Unexpected muscle or body aches	COVID-19 Symptom	Side Effect; normal response to vaccine – Go to work, if able
Soreness at site of injection	(not applicable)	Side Effect; normal response to vaccine – Go to work, if able
Diarrhea	COVID-19 Symptom	COVID-19 Symptom; follow procedures in Section III*
Nausea or vomiting	COVID-19 Symptom	COVID-19 Symptom; follow procedures in Section III*
New shortness of breath or difficulty breathing	COVID-19 Symptom	COVID-19 Symptom; follow procedures in Section III*
New congestion or runny nose	COVID-19 Symptom	COVID-19 Symptom; follow procedures in Section III*
New loss of taste or smell	COVID-19 Symptom	COVID-19 Symptom; follow procedures in Section III*
New sore throat	COVID-19 Symptom	COVID-19 Symptom; follow procedures in Section III*
New cough	COVID-19 Symptom	COVID-19 Symptom; follow procedures in Section III*

- **Unvaccinated:** Individuals who have not received any dose of COVID-19 vaccine. Note that individuals with approved exemptions are considered Unvaccinated for purposes of this order
- **Up to Date with Vaccinations:** Individuals who have either:
 - Had a booster shot (that is, a third shot for individuals initially vaccinated with Pfizer or Moderna or a second shot for those initially vaccinated with Johnson & Johnson), OR
 - Been fully vaccinated and are not yet eligible for boosters, that is:
 - Have received one dose of Johnson & Johnson vaccine within the past two months OR
 - Have received a second dose of the Pfizer or Moderna vaccine within the last five months

⁴ The Vaccination Window is the 72 hours following any COVID-19 vaccination.

⁵ Note that the threshold for fever in healthcare workers is a temperature of 100.0⁰F.